BOARD ANNOUNCEMENTS AND LESSON PLAN

WEEK OF NOVEMBER 18 and 19 (B/A DAY)

A VIDEO LINK WILL BE MADE FOR YOU TAKE NOTES IF YOU WERE ABSENT

1. SIGNED FITNESS TESTS BY PARENTS (DISCUSS YOUR LEVELS)- SHOW WALTON OR HAVE NOTE IT WAS COMPLETED. 20 PTS OFF WRITTEN IF NOT TURNED IN!
2. WORK ON YOUR SMART GOALS FOR FITNESS - WE WILL BE DOING THIS WEEK IN CLASS
3. HEART RATE MONITOR DAY WED/THURS THIS WEEK- DON'T FORGET STRAP. 3A ONLY-BRING YOUR LOCKER ITEMS, ALSO.
4. UPDATE YOUR TABLE OF CONTENTS - YOU SHOULD HAVE PAGE 1-21
5. Add to you vocabulary list
6. Always label each page - go back and check
7. Cover page - completed by end of 2nd Trimester - ADD COLOR
8. IAN-lesson plans by dates - all are on Albion Website/Library/classroom help/PE-Health
9. This presentation will be on Albion Website by the end of the week if you did not get enough notes or you are absent

TAKE NOTES FROM VIDEO AND INCLUDE IN YOUR NOTES:

1. The three healthy lifestyle goals about breakfast (reason why and why people don’t, how to’s), Fruits/Vegetables (list nutrients-what they do, chronic diseases), sweetened beverages (reasons not to have)
2. Explain what nutrient density means
3. The rules about being active

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TITLE/CONCEPT: Guest Speaker Nutrition

My notes:

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TITLE/CONCEPT: What did I learn?

Draw, explain, set your goal(s) from what the speaker talked about

INCLUDE ON THIS PAGE:

1. What new information did you learn about?
2. Create/choose 30 day challenge goal– at least one but 2 or 3 is better – you can choose nutritional goals instead especially if you don’t eat breakfast or you drink too much soda
3. Lists are given below for suggestions you can use– you can come up with your own.
4. Use SMART goal format – highlight

















